

A Healthier You

News for Ladies First Members



Sweet Success:

How one woman lowered her blood sugar
(see inside)

Dear Ladies First Members and Friends,

It won't happen in a day, a week, or even a month, but turning your life around with better eating and exercise habits will help you feel better for years and years to come. This month we look at the exciting new nutrition program Ladies First offers eligible members, and hear from one woman who tried for years to lower her blood sugar levels. Fourteen weeks after starting with a Ladies First nutrition counselor her glucose tests are normal, and on top of it all she feels great. Read Jacqueline's story inside, and find out how easy it is for you, too, to get on track to healthier eating. And just to give you a little boost, we've got a delicious recipe you can make tonight to celebrate.



In Health,

A handwritten signature in black ink that reads "Kerri Frenya".

Kerri Frenya

Ladies First Outreach

Eat Right, Right Now! (With Help From Ladies First)

OK, maybe not this very second. But once you sign on with a Ladies First nutrition counselor, you'll learn how to make some diet changes that can change your life. It's all part of the new, expanded Ladies First programs. The women who have signed on are already seeing a difference. To qualify you must be a Ladies First member over 40 and be screened by your doctor for cholesterol and blood pressure. Ladies First then matches you with your own, personal nutritionist who helps you to find the least difficult way to make changes in the way you eat now. It's made to fit your lifestyle, and it's been proven to work wonders. Call Kate to find out how to take advantage of this unique program.



All Aboard the ALED!

Come one, come all! The recruiting is in full swing, and the program is taking off. Active Living Every Day is Ladies First's new program helping women find ways to build activity into everyday life. It gives you the opportunity to meet one-on-one with a nutritionist to find out what dietary and activity changes will really work for you. You'll also have the support of other women who are making healthy changes in their lives, too. Call Kate today to find out more.

Meet Jacqueline Small diet changes, big results

"I've been trying to lower my blood sugar for years," says Jacqueline Noyes, 60, of Sutton, Vt. It wasn't until she began nutrition counseling with Ladies First she was really able to do it. In fact she's done so well she got a personal letter from her doctor congratulating her for such a good job. "I really am pleased with the nutritionist. If I hadn't been to him I wouldn't have lowered my blood sugar." Jacqueline's doctor was the first to tell her about the new Ladies First nutrition program. She



found it easier than she thought it would be to make some key diet changes, like eating more oatmeal, wheat bread, one percent milk, fruit and beans. "They fill me up, so I don't have to eat as much anymore," she says. She recommends the program to anyone. "It's not drastic. You make little changes here and there," she says. And she's proof those little changes can make a big difference.

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You make
[little changes]
here and there.”

—Jacqueline Noyes, Sutton



News flash!

The Fine Print

With every new condition we cover, there are sometimes additional tests available that we cannot pay for.

For example we do not pay for CAD (Computer-Aided Detection) which is a test a provider may recommend as part of a mammography screening. We do not cover MRI (Magnetic Resonance Imaging of the breast), either, since this is still being studied to find out how effective it is. If your provider recommends an MRI, talk to him or her about your options. If you want more information on breast MRI, contact the Breast Care Center at Fletcher Allen Health Care at (802) 847-2262 or Rutland Regional Medical Center at (802) 747-6565. We do pay for as many breast and cervical diagnostic visits as needed.

Heart Health Clinics

There's a good chance you'll get a call in the next few months from an outreach worker inviting you to attend a Ladies First Screening clinic. This is a simple way for you to get screened for heart disease and set "get healthy" goals in any area that you choose. You will learn your blood pressure, cholesterol, glucose levels, and more during your visit.



Thought for the day:

Have you been screened lately? Call today!

roasted Asparagus with garlic

Roasting preserves the flavor and color of asparagus without making it tough or stringy.

Ingredients:

- 1 pound fresh asparagus (medium width)
- 2 teaspoons olive oil
- 2 garlic cloves, minced
- Freshly ground black pepper, to taste
- Lemon wedges, as garnish

Directions:

1. Preheat oven to 500°.
2. Rinse asparagus and break off tough ends.
3. In shallow roasting pan, place asparagus and coat with oil. Sprinkle with garlic and pepper, to taste.
4. Roast uncovered for 6-8 minutes (depending on width of spears), shaking pan occasionally. Serve with lemon wedges.

Servings: 4

Serving size: 1/2 cup

Calories 47, Fat 2g, Saturated Fat <1g,
Carbohydrate 6g, Fiber 3g,
Cholesterol 0mg, Sodium 7mg

SERVICES for eligible Vermont women

	Age 18–39 (with breast symptoms or abnormal Pap)	Age 40 or older
Screening		
Breast	<ul style="list-style-type: none"> • Clinical breast exam • Breast self-exam instruction • Screening mammogram 	<ul style="list-style-type: none"> • In-office breast exam • Breast self-exam instruction • Screening mammogram
Cervical	<ul style="list-style-type: none"> • Pelvic exam • Pap smear 	<ul style="list-style-type: none"> • Pelvic exam • Pap test
Cardiovascular	Not available	<ul style="list-style-type: none"> • Blood pressure check • Total cholesterol • Lipid profile • Body Mass Index (BMI) • Blood sugar test
Diagnostic		
Breast	<ul style="list-style-type: none"> • Diagnostic mammogram • Ultrasound • Consultation • Second opinion • Breast biopsy and related costs 	<ul style="list-style-type: none"> • Diagnostic mammogram • Ultrasound • Consultation • Second opinion • Breast biopsy and related costs
Cervical	<ul style="list-style-type: none"> • Colposcopy • Other diagnostic tests 	<ul style="list-style-type: none"> • Colposcopy • Other diagnostic tests
Cardiovascular	Not available	<ul style="list-style-type: none"> • Approved follow-up tests
And More		
Breast	<ul style="list-style-type: none"> • Referral to Medicaid Treatment Act, if eligible 	<ul style="list-style-type: none"> • Referral to Medicaid Treatment Act, if eligible
Cervical	<ul style="list-style-type: none"> • Referral to Medicaid Treatment Act, if eligible 	<ul style="list-style-type: none"> • Referral to Medicaid Treatment Act, if eligible
Cardiovascular	Not available	<ul style="list-style-type: none"> • 3–6 visits with a nutritionist • Active Living Every Day program • Referral to Quit Line for tobacco cessation services if needed

Please note that women with Medicaid, VHAP, and Medicare Part B are not eligible for Ladies First



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